

Health and Substance Abuse Resource Guide

Included are resources for health and substance abuse prevention and treatment at the national, state, regional, and campus-specific levels. These resources are for all students with special emphasis on resources for lesbian, gay, bisexual, transgender, and queer/questioning populations.

Note: This document is not meant to be an exhaustive list of all resources nationally and in Arizona. This Resource Guide was updated in November of 2014. While every effort is being done to keep it up to date, we encourage you to research resources for most current information.

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National Resources for Health and Substance Abuse

National Higher Education-Specific Health and Substance Abuse Resources

- [Alcohol and Other Drug Prevention on College Campuses – Model Programs](#) from the [U.S. Department of Education](#)
 - This report describes the nature and scope of alcohol- and other drug-related concerns on college campuses, and specifically what 30 institutions of higher education are doing to make their campuses safer and to foster better academic and social environments.
- [American College Health Association](#)
 - Since 1920, the American College Health Association (ACHA) has linked college health professionals throughout the nation (and more recently around the globe), forming a powerful, collaborative networking base.
- [BACCHUS Initiatives](#)
 - BACCHUS Initiatives is a collegiate peer education program that supports the achievement of students' academic and personal success by building skills in student leaders to address campus health and safety issues. Our affiliated peer education groups are found on four-year public colleges and universities, private and two-year institutions, historically Black colleges and universities, predominantly Hispanic population campuses, and tribal colleges.
- [College Drinking: Changing the Culture](#). Created by the [National Institute on Alcohol Abuse and Alcoholism](#)
 - [CollegeDrinkingPrevention.gov](#) is your one-stop resource for comprehensive research-based information on issues related to alcohol abuse and heavy episodic (binge) drinking among college students.
- [The Network for Addressing Collegiate Alcohol and Other Drug Issues](#)
 - Begun in 1987, the Network is a voluntary membership organization whose member institutions agree to work toward a set of standards aimed at reducing alcohol and other drug problems at colleges and universities. Their website includes toolkits for preventing alcohol and other drug issues on campus.

National General Alcohol and Other Drug Resources

- [National Center on Addiction and Substance Abuse](#)
 - The National Center on Addiction and Substance Abuse (CASA) at Columbia University is a science-based, multidisciplinary organization focused on transforming society's understanding of and responses to substance use and the disease of addiction.
- [The National Institutes of Health](#)
 - The National Institutes of Health (NIH), a part of the U.S. Department of Health and Human Services, is the nation's medical research agency—making important discoveries that improve health and save lives. NIH is comprised of 27 institutes and centers, including the two institutes listed below.

- [National Institute on Alcohol Abuse and Alcoholism](#)
 - The National Institute on Alcohol Abuse and Alcoholism (NIAAA) is one of the 27 institutes and centers that comprise the National Institutes of Health (NIH). NIAAA supports and conducts research on the impact of alcohol use on human health and well-being. It is the largest funder of alcohol research in the world.
 - [National Institute on Drug Abuse](#)
 - The National Institute on Drug Abuse, one of the 27 institutes and centers that comprise the National Institutes of Health (NIH) has a mission to lead the nation in bringing the power of science to bear on drug abuse and addiction.
- [The Partnership at DrugFree.org](#)
 - The Partnership at Drugfree.org is here for parents, helping them prevent, intervene in or find treatment for drug and alcohol use by their children.
- [Substance Abuse and Mental Health Services Administration](#)
 - The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities.
 - [National Registry of Evidence-based Programs and Practices](#) from [SAMHSA](#)
 - The National Registry of Evidence-based Programs and Practices is a searchable online registry of more than 230 interventions supporting mental health promotion, substance abuse prevention, and mental health and substance abuse treatment. We connect members of the public to intervention developers so they can learn how to implement these approaches in their communities.
 - [Resources for the Prevention of Substance Abuse and Mental Illness](#) from [SAMHSA](#)
 - A list of programs, resources and websites focused on creating communities where individuals, families, schools, faith-based organizations and workplaces take action to promote emotional health.
- [SMART Recovery – Self Help for Substance Abuse & Addiction](#)
 - SMART Recovery[®] is the leading self-empowering addiction recovery support group. Participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.
- [Substance Abuse Resources for Veterans](#) from the [U.S. Veterans Health Administration](#)
 - The U.S. Veterans Health Administration has many resources to help Veterans and their loved ones answer questions, find support, get treatment, and recover.
- [Rethinking Drinking](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)
 - The main target audience for *Rethinking Drinking* is the 3 in 10 U.S. adults who drink more than the low-risk limits. Of these drinkers, about 1 in 4 already has alcoholism or alcohol abuse, and the rest are at greater risk for these and other health problems.

National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ) and Campus-Specific Resources

- [Campus Pride](#)
 - Campus Pride represents the leading national nonprofit 501(c)(3) organization for student leaders and campus groups working to create a safer college environment for LGBT students. The organization is a volunteer-driven network “for” and “by” student leaders. The primary objective of Campus Pride is to develop necessary resources, programs and services to support LGBT and ally students on college campuses across the United States.
- [Gay & Lesbian Alliance Against Defamation \(GLAAD\)](#)
 - For over 25 years, GLAAD has worked with news, entertainment and social media to bring culture-changing stories of LGBT people into millions of homes and workplaces every day.
- [GLBT National Help Center](#) – HelpLine: 1-888-843-4564
 - Provides free and confidential telephone and internet peer-counseling, information and local resources for gay, lesbian, bisexual, transgender and questioning callers throughout the United States. Also works to strengthen local GLBT hotlines and organizations in their mission of service to the community.
- [Gay Lesbian Straight Education Network \(GLSEN\)](#)
 - GLSEN, the Gay, Lesbian & Straight Education Network, is the leading national education organization focused on ensuring safe schools for all students. Established in 1990, GLSEN envisions a world in which every child learns to respect and accept all people, regardless of sexual orientation or gender identity/expression. GLSEN seeks to develop school climates where difference is valued for the positive contribution it makes to creating a more vibrant and diverse community.
- [The Matthew Shepard Foundation](#)
 - The Matthew Shepard Foundation provides support for diversity programs in education and helps youth organizations establish environments where young people can feel safe and be themselves. Online resources include reading materials, videos, educational materials, and regional events. There are also links to LGBT-sensitive homeless shelters, drop-in centers, local PFLAG organizations, and LGBT counselors.
- [National Consortium of Directors of LGBT Resources in Higher Education](#)
 - The combined vision and mission of the Consortium is to achieve higher education environments in which lesbian, gay, bisexual, and transgender students, faculty, staff, administrators, and alumni have equity in every respect. Our goals are to support colleagues and develop curriculum to professionally enhance this work; to seek climate improvement on campuses; and to advocate for policy change, program development, and establishment of LGBT Office/Centers.
- [Parents, Families, & Friends of Lesbians and Gays \(PFLAG\)](#)
 - Founded in 1972 with the simple act of a mother publicly supporting her gay son, PFLAG is the original ally organization. Made up of parents, families, friends, and straight allies uniting with lesbian, gay, bisexual, and transgender (LGBT) people, PFLAG is committed to advancing equality through its mission of support, education and advocacy. Now in its 40th anniversary year, PFLAG has over 350 chapters and 200,000 supporters crossing

multiple generations of American families in major urban centers, small cities and rural areas in all 50 states.

- [The Trevor Project](#) – HelpLine: 1-866-488-7386
 - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth.

Arizona Statewide Health and Substance Abuse Resources

Higher Education-Specific Arizona Resources

- [Arizona Institutions of Higher Education Network](#)
 - The Arizona Institutions of Higher Education (AZIHE) Network is a consortium of college and community substance abuse prevention/intervention professionals; campus student affairs, judicial, law enforcement and safety professionals; and community partners including representatives from neighborhood associations, the hospitality industry, state and local community leaders and public officials.

General Arizona Resources for Health and Substance Abuse

- [Arizona Department of Health Services](#)
- [DrugFreeAZ.com](#)
 - Drug Free Arizona's mission is to prevent and reduce youth drug and alcohol use through community education and awareness by providing parents, caregivers, healthcare providers, educators and others with educational tools, information and resources.

LGBTQ-Specific Arizona Resources

- [Equality Arizona](#)
 - Equality Arizona is a statewide political advocacy organization, working at the state capitol and in communities across Arizona to advance lesbian, gay, bisexual, and transgender (LGBT) equality.
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)

Arizona Colleges and Universities Campus-Specific Health and Substance Abuse Resources – General and LGBTQ

Arizona State University

- [ASU Wellness](#)
 - ASU Wellness aims to promote wellness and foster a healthy campus environment by providing wellness education, information and resources to students. A variety of wellness topics are available.
- [Counseling Centers at ASU](#)
 - Counseling and mental health services are provided at each of the four ASU campuses (Downtown campus, Polytechnic campus, Tempe campus, and West campus). ASU students may seek services at any of the campus counseling centers, regardless of their college affiliation.
 - Contact information for the Counseling Service at each campus can be found [here](#).
- [LGBTQA Services](#)
 - The goal of the LGBTQA Services is an Arizona State University community that sustains an environment of respect, compassion and equity for all.
- [ULifeline](#) for Arizona State Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health.
- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)

Arizona Western College

- [Health Services](#)
 - Health Service Office promotes healthy lifestyles to prevent disease and injury, by providing nursing services and health education to encourage individuals to take responsibility for their own lifelong health decisions.
- [Office of Diversity](#)
 - Arizona Western College is committed to creating an environment where diversity is valued and all individuals can fulfill their highest potential. Respect for diversity of thought, culture, and all human differences is the cornerstone of all our actions.
- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)

Central Arizona College

- [ULifeline](#) for Central Arizona College Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health.
- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)
- See [*Arizona Statewide Health and Substance Abuse Resources*](#)
- See [*Arizona Region-Specific Health and Substance Abuse Resources - Central Arizona*](#)

Cochise Community College

- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)
- See [*Arizona Statewide Health and Substance Abuse Resources*](#)
- See [*Arizona Region-Specific LGBTQ Resources– Southern Arizona*](#)

Coconino Community College

- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)
- See [*Arizona Statewide Health and Substance Abuse Resources*](#)
- See [*Arizona Region-Specific Health and Substance Abuse Resources– Northern Arizona*](#)

Eastern Arizona College

- [Counseling Department](#) or call (928) 428-8253
 - Eastern Arizona College counselors can help you cope with immediate needs, personal or social problems, and adjusting to a new environment. Short-term counseling is offered on a variety of subjects. Referrals to community resources are given where needed. Confidentiality will be maintained.
- [ULifeline](#) for Eastern Arizona College Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health.
- See [*National Higher Education-Specific Health and Substance Abuse Resources*](#)
- See [*National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources*](#)
- See [*Arizona Statewide Health and Substance Abuse Resources*](#)

- See [Arizona Region-Specific Health and Substance Abuse Resources – Southern Arizona](#)

Embry-Riddle Aeronautical University

- [Counseling Services](#)
 - Counseling services are offered free of charge to all ERAU students. Call (928) 777-6653 to schedule an appointment or stopping by the Wellness Center.
- [The Wellness Center](#)
 - The mission of the Wellness Center is to maintain optimum physical and emotional health of the ERAU student body through the provision of quality, accessible, comprehensive and cost-effective health care. The Wellness Center also promotes healthy behavior and lifestyle choices, through ongoing educational outreach and programming. Click [here](#) for more information about The Wellness Center and services offered.
- [Women’s & Diversity Center](#)
 - The Women’s & Diversity Center offers support and resources for the diverse groups on campus, including women, students of color, LGBTQ, religiously diverse, and persons with disabilities. Some of the events we host include women’s leadership activities, diversity dinners, cookouts, theme months, and volunteer opportunities.
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources – Northern Arizona](#)

Northern Arizona University

- [Counseling Services](#)
 - Counseling Services (CS) works to enhance the psychological growth, emotional well-being, and learning potential of Northern Arizona University students. This aim is accomplished by providing short-term psychological counseling, mental-health and substance-abuse educational programming, and consultation.
- [Health Promotion Office](#)
 - The Healthy Campus web site is dedicated to promoting campus wellness by providing information that will help engender a safe, healthy, learning environment for every student at Northern Arizona University.
- [Inclusion and Multicultural Services – LGBTQA Resources and Support](#)
 - Inclusion and Multicultural Services (IMS) is here to serve all students, acting as a centrally-located gathering spot that provides culturally-relevant services and support to historically underrepresented students.
- [Substance Abuse Program](#) from the [Counseling Services](#)

- The Substance Abuse Program works: 1) to identify students who may be experimenting or using drugs or alcohol and are making choices that are resulting in harmful impacts, 2) identify students who have developed dependence upon drugs and alcohol, 3) offer specialized services to counsel, educate, and/or refer student in need.
- [ULifeline](#) for Northern Arizona University Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health.
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources – Northern Arizona](#)

Maricopa County Community Colleges

- Chandler-Gilbert Community College – [Student Support Services](#)
 - Student Support Services provides CGCC students with programs and services that support student retention, success, and create a supportive learning environment while assisting in keeping the entire college community safe. Call (480) 857-5188 to schedule an appointment.
- Estrella Mountain Community College – [Office of Counseling](#)
 - The mission of the Office of Counseling is to support an environment that encourages developmental growth for EMCC students and communities through Counseling & Career Services and instruction with support in educational and personal goals. Call (623)935-8909 or (623)935-8821 to schedule an appointment.
- GateWay Community College – [Counseling Department](#)
 - Counseling services are available on campus, providing a unique and confidential relationship between a professional and a person in need of help. Call (602) 286-8900 to schedule an appointment.
- Glendale Community College– [Counseling Department](#)
 - The Counseling Services faculty are available to help students who wish to improve the quality of their academic and personal lives. Sessions are free of charge and are confidential. Please call Counseling at (623) 845-3064 to schedule an appointment.
 - GCC Main – (623) 845-3064
 - GCC North – (623) 845-4012
- Mesa Community College – [Counseling Department](#)
 - The Counseling Department at Mesa Community College offers students a variety of services to help them address personal, social, educational, and career concerns. By providing support and guidance, MCC students will be empowered to be successful in completion of educational and personal endeavors. Call (480) 461-7588 to schedule an appointment.

- Paradise Valley Community College – [Counseling Services](#)
 - The purpose of the Counseling and Personal Development Division is to provide a comprehensive instructional and service program to assist students to identify and achieve personal, academic and career goals. Call (602) 787-6540 to schedule an appointment.
- Phoenix College – [Counseling Services](#)
 - The Phoenix College Counseling Department offers free and confidential assistance for a variety of reasons. Call (602) 285-7392 to schedule an appointment.
- Rio Salado Community College – [Counseling Services](#)
 - Counselors assist students to set personal, educational, and career goals. We provide high quality and accessible services to meet the needs of our diverse student population. Counseling Services at Rio Salado College are an integral part of the total educational process. Phone and in-person options are available.
- Scottsdale Community College – [Counseling Services](#)
 - Counseling Services is available to help support students to be successful in college and to achieve their personal, educational, and career goals. Services are free to current/registered Scottsdale Community College students. Call (480) 423-6524 to schedule an appointment
- South Mountain Community College – [Counseling, Health, and Wellness](#)
 - The Counseling Center offers free confidential services to help students overcome problems, past and present and gain self-understanding and direction. Call (602) 305-5608 to schedule an appointment.
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources - Central Arizona](#)

Mohave Community College

- [Drug-Free Schools and College Prevention Program](#)
 - Mohave Community College strives to assure that the college is a safe and pleasant place for its students, employees and visitors. That effort includes work to assure that the college is a drug- and alcohol-free zone
- [Community Resource Guide](#) developed by [Mohave Community College Student Services](#)
 - Features resources in Bullhead City, Kingman, Lake Havasu City, and North Mohave County areas.
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)

- See [Arizona Region-Specific Health and Substance Abuse Resources – Northern Arizona](#)

Pima Community College

- [ULifeline](#) for Pima Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health. It's available to anyone who has enrolled at Pima College in the last three years.
- [Counseling and advising services](#) are available at all campus sites. Counselors can refer students to community agencies for assistance around substance abuse, anger, relationships and sexual assault or abuse. Contact information is below (all area codes are 520):
 - Community Campus, 206-6408
 - Desert Vista Campus, 206-5030
 - Downtown Campus, 206-7260
 - East Campus, 206-7662
 - Northwest Campus, 206-2200
 - West Campus, 206-6699
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources – Southern Arizona](#)

The University of Arizona

- [The University of Arizona's Online Alcohol Screening Program](#)
- [Campus Health Service's Health Promotion and Preventive Services Office](#)
 - HPPS offers alcohol and other drug counseling as well as presentation and resources around alcohol and other drug treatment and prevention.
- [Campus Health Service's Counseling and Psych Services](#)
 - Counseling and Psych Services (CAPS) offers psychological counseling and psychiatric services to students to help them cope with personal problems so that they can successfully achieve their educational goals. Licensed professionals provide brief treatment for anxiety, depression, difficulties with relationships, family problems, food/body image concerns, alcohol and drug concerns, ADHD, life crises, and other issues.
- [Friend 2 Friend](#)
 - Friend 2 Friend provides University of Arizona students with a place to get information and advice that can be used to help a friend who might be experiencing problems. Topics include drugs, alcohol, mental health and other compulsive behaviors.
- [Dean of Students Office – LGBTQ Affairs](#)

- The Office of Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning (LGBTQ) Affairs works to build, sustain and strengthen a safe, inclusive, and open environment for faculty, staff, appointed professionals, students, alumni, parents, and guests of all gender identities and sexual orientations.
- [The Red Cup Q&A](#)
 - Campus Health publishes *RedCup Q&A: Separating Alcohol Fact From Fiction*, which appears Tuesdays in the *Arizona Daily Wildcat*.
- [Alcohol Use at the University of Arizona](#) from the [Campus Health Service](#)
- [ULifeline](#) for University of Arizona Students
 - ULifeline is an online resource for information on suicide prevention, drugs and mental health.
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources – Southern Arizona](#)

Yavapai Community College

- [Personal Counseling](#)
 - At Yavapai Community College, personal counselors are available to listen, guide, and refer you to the appropriate resources on campus or in your community. Counseling sessions are available to current students enrolled in 6 or more credits. They last 50 minutes each, with up to 3 sessions per semester.
 - Prescott Campus: (928) 776-2106
 - Verde Valley Campus: (928) 634-6510
- See [National Higher Education-Specific Health and Substance Abuse Resources](#)
- See [National Lesbian, Gay, Bisexual, Transgender, and Queer/Questioning \(LGBTQ\) and Campus-Specific Resources](#)
- See [Arizona Statewide Health and Substance Abuse Resources](#)
- See [Arizona Region-Specific Health and Substance Abuse Resources – Northern Arizona](#)

Arizona Region-Specific LGBTQ Resources

Central Arizona

Maricopa County

- [Phoenix Metro Area LGBTQ Community Resources](#)
 - Includes resources for adoption, advocacy, churches and religious organizations, entertainment and events, and sports and recreation.

Northern Arizona

Coconino, Gila, and Mohave Counties

- [Northern Arizona LGBTQ Community Resources](#)
 - Includes resources for advocacy, churches and religious organizations, entertainment and events, and sports and recreation.

Southern Arizona

Pima County

- [Tucson Metro Area LGBTQ Community Resources](#)
 - Includes resources for adoption, advocacy, churches and religious organization, entertainment, and sports and recreation.

Cochise, Pinal, and Yuma Counties

- [Southern Arizona LGBTQ Community Resources](#)
 - Includes resources for advocacy, churches and religious organizations, entertainment, and sports and recreation.

Arizona Region-Specific Health and Substance Abuse Resources

Note: Please check [Community Information and Referral Services](#) to search all health and human services in Arizona. Browsers can search by regional location and specific topic/issue.

Northern Arizona

- [Northern Arizona Regional Behavioral Health Authority](#)
 - Northern Arizona Regional Behavioral Health Authority (NARBHA) was founded in 1967. It is a private, not-for-profit managed care corporation designated by the Arizona Department of Health Services as being responsible for the planning, implementation, funding, monitoring and administration of publicly funded comprehensive behavioral health services in Northern Arizona.

Apache County

- [Little Colorado Behavioral Health Services \(St. Johns\)](#): (928) 337-4301
- [Little Colorado Behavioral Health Services \(Springerville\)](#): (928) 333-4301

Coconino County

- [Native Americans for Community Action Mental Health Program](#) (Flagstaff): (928) 526-2698
- [Northern Arizona Substance Abuse Services](#) (Flagstaff): (928) 773-9376
- [North Country Community Health Center](#)
 - [Flagstaff](#): (928) 213-6100
- [The Guidance Center –Substance Abuse Services](#) (Flagstaff): (928) 527-1899
- [The Guidance Center –Substance Abuse Services](#) (Williams): (928) 527-1899
- [Flagstaff Medical Center – Behavioral Health Services](#): (928) 213-6300
- [Catholic Charities Community Services](#) (Flagstaff): (928) 774-9125
- [Southwest Behavioral Health](#) (Flagstaff): (928) 779-4550T

Gila County

- [Community Bridges: Payson Outpatient](#): (928) 468-0022
- [Southwest Behavioral Health](#) (Payson): (928) 474-3303

Mohave County

- [Community Resource Guide](#) developed by [Mohave Community College Student Services](#)
 - Features resources in Bullhead City, Kingman, Lake Havasu City, and North Mohave County areas.

Navajo County

- [Community Bridges: Winslow Outpatient](#): (928) 289-1222
- [Community Counseling Centers](#) (Holbrook): (928) 524-6126
- [Community Counseling Centers](#) (Winslow): (928) 289-4658

Yavapai County

- [Catholic Charities Community Services](#) (Prescott): (928) 771-9924
- [Catholic Charities Community Services](#) (Cottonwood): (928) 634-4254
- [Southwest Behavioral Health](#) (Prescott Valley): (928) 772-1610
- [Yavapai Regional Medical Center](#): (928) 445-2700
- [Yavapai Family Advocacy Center](#): (928) 775-0669
- [West Yavapai Guidance Clinic – Drug and Alcohol Abuse Counseling](#): (928) 445-5211

Central Arizona

- [Cenpatico Behavioral Health of Arizona](#)
 - Cenpatico Behavioral Health of Arizona (Cenpatico) holds the contract to manage the behavioral health care services for Santa Cruz, Cochise, Graham, Greenlee, Yuma, La Paz, Gila and Pinal Counties. The contract covers people who are AHCCCS eligible with Title XIX and Title XXI benefits, as well as having a serious mental illness.
- [Magellan of Arizona](#)
 - This website provides behavioral health service recipients and their families, providers, advocates, and community members with information and resources related to the Maricopa County Regional Behavioral Health Authority (RBHA) regarding issues such as mental health support, substance abuse, depression and co-occurring disorders. Magellan of Arizona also provides information to help direct recipients to provider network organizations, behavioral health services, and direct care clinics.

Graham County

- [Southeastern Arizona Behavioral Health Services, Inc.](#): (520) 586-0800

Greenlee County

- [Southeastern Arizona Behavioral Health Services, Inc.](#): (520) 586-0800

La Paz County

- [Community Intervention Associates](#) (Parker): (928) 669-5319

Maricopa County

- [Banner Good Samaritan](#) (Phoenix): (602) 839-6800
- [Catholic Charities](#) (Mesa): (602) 749-4405
- [Catholic Charities](#) (Scottsdale): (602) 749-4405
- [Catholic Charities](#) (Phoenix): (602) 749-4405
- Centro de Amistad
 - Guadalupe: (480) 839-2926
 - Centro de Amistad Mesa: (480) 833-0227
 - Phoenix: (602) 393-3840
- [Chicanos Por la Causa](#) (Phoenix): (623) 247-0464

- [Community Bridges](#) (Mesa): (480) 649-1141
- [Devereux Arizona](#): (480) 344-2100
- [Family Service Agency](#)
 - Phoenix: (602) 264-9891
 - Phoenix: (602) 863-1862
 - Mesa: (480) 507-8619
- [Franciscan Renewal Center](#) (Scottsdale): (480) 948-7460
- [Friendly House](#) (Phoenix): (602) 416-7200
- [Jewish Family and Children's Services](#) (Phoenix, Glendale, Mesa): (602) 256-0528
- [Midwestern University Psychology Clinic \(Glendale\)](#): (623) 537-6000
- [Mountain Health and Wellness Outpatient Services](#) (Queen Creek): (480) 983-0065
- [Native American Connections](#) (Phoenix): (602) 424-2060
- New Arizona Family Psychiatric Services (Mesa and Phoenix): (602) 553-7300
- [New Horizons Counseling Services](#) (Phoenix): (623) 939-6567
- Phoenix Indian Medical Center (Phoenix): (602) 263-1528
- [Phoenix Interfaith](#)
 - Tempe: (480) 317-9868
 - Phoenix: (602) 943-2999, (602) 992-7521, (602) 248-9247
- Potter House (Phoenix): (602) 254-9701
- [Southwest Behavioral Health](#) (Mesa, Buckeye and Phoenix): (602) 285-4288
- [Tempe Social Services](#) (Must be a Tempe resident or live at ASU): (480) 350-5400
- [TERROS](#) (Mesa, Glendale, Phoenix): (602) 685-6000
- [The Marc Center](#) (Mesa): (480) 844-1653
- University of Phoenix Counseling Skills Center (Phoenix): (602) 557-2217
- [Valle del Sol](#) (Tempe and Phoenix): (602) 258-6797 x100 or x130

Pinal County

- [Human Services Resource Directory for Central Pinal County](#)
- [Substance Abuse and Treatment Resources](#)
- [Catholic Charities Community Services](#) (Apache Junction): (480) 984-3187
- [Community Bridges: Casa Grande Outpatient](#): (520) 426-0088
- Corazon Behavioral Health (Casa Grande): (520) 836-4278
- [Helping Associates Inc.](#) (Casa Grande): (520) 836-1029
- [Horizon Human Services](#) (Casa Grande): (520) 836-1688
- [Mountain Health and Wellness Outpatient Services](#) (Superior): (520) 689-2457
- [Mountain Health and Wellness Outpatient Services](#) (Kearny): (520) 363-9578
- [Mountain Health and Wellness Outpatient Services](#) (Oracle): (520) 896-9240
- [Mountain Health and Wellness Outpatient Services](#) (San Manuel): (520) 896-9240
- Superstition Mountain Mental Health Center (Apache Junction): (480) 983-0065

Southern Arizona

- [Community Partnership of Southern Arizona](#)
 - CPSA is the Regional Behavioral Health Authority (RBHA) designated by the state of Arizona to coordinate and manage publicly funded behavioral health services for children, adults and their families in Pima County. CPSA coordinates, by way of a provider network, the delivery of mental health and substance use treatment services, and behavioral health wellness and prevention services.
- [Cenpatico Behavioral Health of Arizona](#)
 - Cenpatico Behavioral Health of Arizona (Cenpatico) holds the contract to manage the behavioral health care services for Santa Cruz, Cochise, Graham, Greenlee, Yuma, La Paz, Gila and Pinal Counties. The contract covers people who are AHCCCS eligible with Title XIX and Title XXI benefits, as well as having a serious mental illness (SMI).

Pima County

- Inpatient
 - [Cottonwood de Tucson](#) (Tucson): (520) 743-0411
 - [The Haven](#) (Tucson): (520) 623-4590
 - [Sierra Tucson](#) (Tucson): (520) 624-4000
 - [Sonora Behavioral Health](#) (Casas Adobes): (520) 469-8700
- Outpatient
 - AZ Center of Mind/Body Therapy (Tucson): (520) 721-2464
 - A Step Up: (520) 730-5828
 - [Bridges Counseling](#) (Tucson): (520) 320-1595
 - [Catholic Community Services of Southern Arizona, Inc.](#) (Tucson): (520)623-0344
 - [CODAC Behavioral Health Services](#) (Tucson): (520) 327-4505
 - [Desert Senita Community Health Center](#) (Ajo): (520) 387-5651
 - [Devereux Arizona](#) (Tucson):(520) 296-5551
 - [Elante Counseling and Psychiatric Services](#) (Tucson): (520) 722-9155
 - Fuerza y Esperanza (Tucson): (520) 295-0999
 - [In-Balance](#) (Tucson): (520) 722-9631
 - [The Haven](#) (Tucson): (520) 623-4590
 - [La Frontera](#) Outpatient Clinic (Tucson): (520) 804-6040
 - [Next Step Counseling](#) (Tucson): (520) 747-0405
 - Perception Counseling (Tucson): (520) 623-7077
 - [PPEP Inc. Behavioral Health](#) (Tucson): (520) 792-5704
 - Reflections Family Services (Tucson): (520) 795-0981
 - Sage Holistic Counseling (Tucson): (520) 888-7243

Cochise County

- [Catholic Charities Community Services](#) (Douglas): (520) 364-3292 and (520) 364-6789
- [Catholic Charities Community Services](#) (Sierra Vista): (520) 459-8716
- [Chiricahua Community Health Center](#) (Bisbee): (520) 432-3309
- [Chiricahua Community Health Center](#) (Douglas): (520) 364-3285

- [Community Bridges: Benson Outpatient](#): (520) 586-4691
- [Community Intervention Associates](#) (Bisbee): (520) 366-3133
- [Southeastern Arizona Behavioral Health Services, Inc.](#): (520) 586-0800
- Fort Huachuca Army Substance Abuse Program: (520) 533-2071
 - Provides services to active duty and retired personnel and their families who have substance abuse problems. Includes individual and group counseling, education and prevention.
- [Crossroads Mission – Drug and Alcohol Treatment and Recovery Program](#) (Sierra Vista and Globe): (520) 836-1975
- Alternative Counseling Service (Bisbee): (866) 833-4809

Yuma County

- [Catholic Charities Community Services](#) (Yuma): (928) 782-4224
- [Community Intervention Associates](#) (San Luis): (928) 376-0026
- [Crossroads Mission – Drug and Alcohol Treatment and Recovery Program \(Yuma\)](#): (928) 783-9362
- [Mountain Health and Wellness Outpatient Services](#) (Yuma): (928) 344-9490

Santa Cruz County

- [Southeastern Arizona Behavioral Health Services, Inc.](#): (520) 586-0800
- [Catholic Community Services of Southern Arizona, Inc.](#) (Nogales): (520)623-0344
- [Community Intervention Associates](#) (Nogales): (520) 394-7400
- [Crossroads Mission – Drug and Alcohol Treatment and Recovery Program](#): (520) 836-1975

Current Articles and Literature in College Health and Substance Abuse Prevention

General

- [2010 Rethinking Drinking Publication](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)
- [A Call to Action: Changing the Culture of Drinking at U.S. Colleges](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)
- [Harmful Interactions: Mixing Alcohol with Medicines](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)
- [Reducing Alcohol Problems on Campus: A Guide to Planning and Evaluation](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)
- [National Registry of Evidence-based Programs and Practices](#) from [SAMHSA](#)
 - The National Registry of Evidence-based Programs and Practices is a searchable online registry of more than 230 interventions supporting mental health promotion, substance abuse prevention, and mental health and substance abuse treatment. We connect members of the public to intervention developers so they can learn how to implement these approaches in their communities.
- [What Colleges Need to Know: An Update on College Drinking Research](#) from the [National Institute on Alcohol Abuse and Alcoholism](#)

LGBTQ-Specific

- [Best Practices for Asking Questions about Sexual Orientation on Surveys](#)
 - This report contains the recommendations of the Sexual Minority Assessment Research Team (SMART), a multidisciplinary and multi-institutional collaboration by The Williams Institute, UCLA School of Law.
- [Suicide Prevention Resource Center \(SPRC\): Preventing Suicide among LGBT Youth Tool Kit](#)
 - This tool kit is available for download and is meant for schools, youth-serving organizations and suicide prevention programs working with LGBT youth.
- [Top Health Issues of LGBT Populations Information & Resource Kit](#) from [SAMHSA](#)
 - This document offers resources ranging from helpful terms for prevention specialist and healthcare providers, information about gender identities, and top health issues for lesbians, gay men, bisexual men and women, and transgender people. There is also a list of web-based resources around health and resources for the LGBT community.

Online Screening Tools

Note: These screenings tools do not provide a diagnosis of alcohol and/or drug dependency. The information provided cannot be substituted for a full evaluation by a health professional.

- [AlcoholScreening.Org](#)
 - A free, anonymous screening tool to receive personalized results based on age, gender and drinking patterns.
- [DrugScreening.Org](#)
 - A free, anonymous screening tool to receive personalized results based on age, gender and drug use.